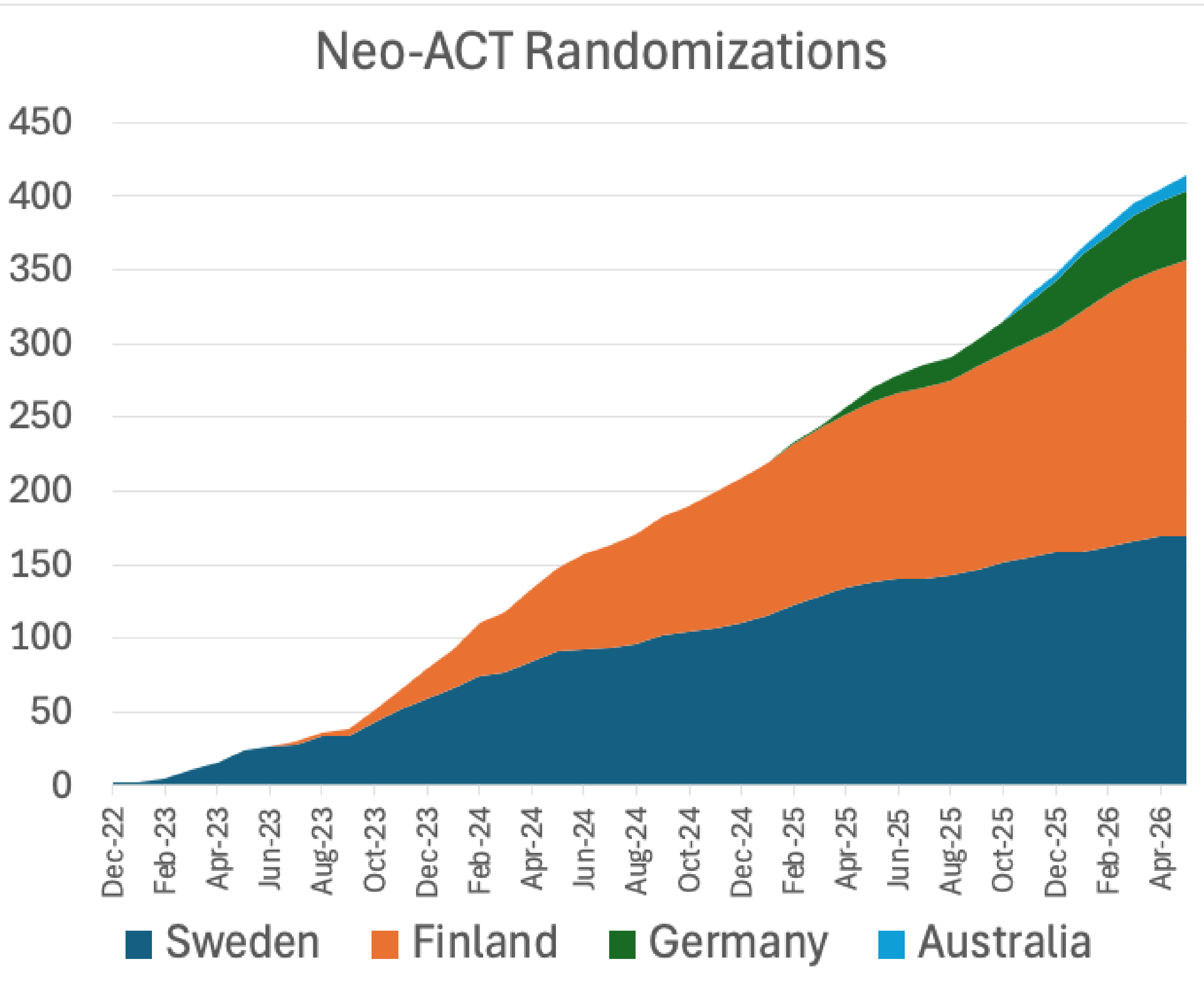


Neo-ACT trial

Thank you all for your fantastic work in the Neo-ACT trial!

We have now enrolled **423 participants in Neo-ACT**. To meet our recruitment target by December 2027, we need to increase recruitment to approximately 18–20 participants per month. Please help us to reach this goal together!



Direct contact with the trainer

With the newly approved ethics amendment, trainers are now permitted to have direct contact with the participants. This is anticipated to significantly improve support for all participants, especially those who struggle with adherence, thereby to maintain and enjoy the exercise program.

Early contact is a success factor

Early contact between trainer and participant is an important key to high exercise adherence, something that the study team in Australia beautifully shows. By informing the participant about the personal trainers already at enrolment, it's easier to ask for contact and support. You may also encourage the participants to schedule a first meeting within two weeks.

Monitoring exercise in the Vitala Care Portal

Trainers will get access to the Vitala Care Portal to monitor and support adherence to the exercise program, which is also for already enrolled participants.

On demand trainer-led live sessions

Trainer-led live online sessions are offered upon request in FI, DE, AUS and SE. Participants can meet trainers online to complete a full exercise session, receive individual guidance, ask questions and adjust exercises. The sessions are initiated by either the local study team (study nurse or physiotherapist/exercise physiologist), or on trainer or participant request.

FitBit becomes Google Health

The FitBit application has received a new logo, new design, and some new features. All previously registered fitness and health data will be transferred to the new Google health application automatically. Participants will need to accept a FitBit update by Google in September (more info will be sent out).

Focus on ER+ breast cancer!

The randomised German BENEFIT study reported its results in late May 2026. BENEFIT randomised breast cancer patients to a twice-weekly aerobic supervised exercise intervention (N=60), resistance exercise intervention (N=60), or usual care (N=60). While the study could not show an overall significant benefit of exercise for the primary outcome "change in tumour size", the study could show a significant interaction with hormone receptor status. In patients with ER+ breast cancer, results suggest three times better pCR rates in patients receiving aerobic exercise despite the small study size. This is in line with earlier results from the LEANer trial and underlines the importance of our Neo-ACT trial!

We wish you and your team a great summer!

Jana de Boniface, Renske Altena, Yvonne Wengström, Martina Rossland, Lea Stark and Bengt Fundin